



Asian American Resource Center
8401 Cameron Road
Austin, Texas 78754
Phone: 512.974.1694
www.austintexas.gov/aarc

2014 Adult Programming

Women's Self Defense Workshops

January 29, 2014 from 7-9pm (**FREE**)
March 19, 2014 from 6-8pm (\$10)
May 21, 2014 from 6-8pm (\$10)
July 16, 2014 from 6-8pm (\$10)
September 17, 2014 from 6-8pm (\$10)

Every other month beginning in January, these 2 hour workshops will include a development of self-awareness and focuses on awareness as the primary method of self-defense. Secondary to a lecture portion on being conscious of your surroundings, there will be a physical portion that will include methods of disengaging and getting away from dangerous situations. **Our free January event will be instructed by Moy Yat Kung Fu.*

Registration for January's class begins January 4, 2014 for Residents; January 18, 2014 for Non-Residents. Online, phone and walk-in registration available.

Taste of Asia Culinary Workshops

February 12 & 13, 2014 from 6-8pm (\$25)
April 16, 2014 from 6-8pm (\$25)
June 18, 2014 from 6-8pm (\$25)
August 20, 2014 from 6-8pm (\$25)

Starting in February, we will be kicking off our series of culinary workshops that feature survey classes on different facets of Asian culinary traditions. The classes are meant to familiarize participants with flavors and cuisines around Asia as well as serve as a springboard for future culinary series that are more in-depth.

February will feature Kome founder Kayo Asazu, who will be teaching a "Valentine's Bento" workshop. Call us at 512-974-1700 or walk-in to register beginning January 24 at 9am.

Senior Programming and Services

(Available to adults 50 years of age and older).

Tea & Recreation Social

FREE. Begins February 4, 2014 and occurs weekly on Tuesdays, Wednesdays and Thursdays

Join us for tea and coffee as we start our day at the center. A variety of tea choices and coffee will be available year round. Our center is also equipped with two ping pong tables, games, and an arts & crafts room. Game offerings include mahjong, Chinese/Japanese/Korean chess, mancala, caroom, and more.

Wellness Classes

Begins February 6, 2014 and occurs weekly on Thursday. For months with 5 Thursdays, no class on the 5th Thursday.

Mind and body wellness classes with rotating topics which include physical education classes tailored to the needs of seniors who want to maintain healthy and active lifestyles. Topics includes yoga, tai chi, meditation, mobility, and dance. Drop-in available.

Living with Technology

**Class dates to be announced*

A series of classes that will enable seniors to feel comfortable with using technology. Instructors will start with the basics of operating computers and move on to using web services. Various topics covered include file organization, creating and using e-mail accounts, video conferencing, and social media.

Please call us or check online to see registration dates for subsequent classes. All classes are subject to change. Notice about potential changes in scheduling will be given to all person(s) currently registered 7 days before the first day of class.

The City of Austin is committed to compliance with the American Disabilities Act. If you require special assistance for participation in our programs or use of our facilities please call 512.974.1700.

